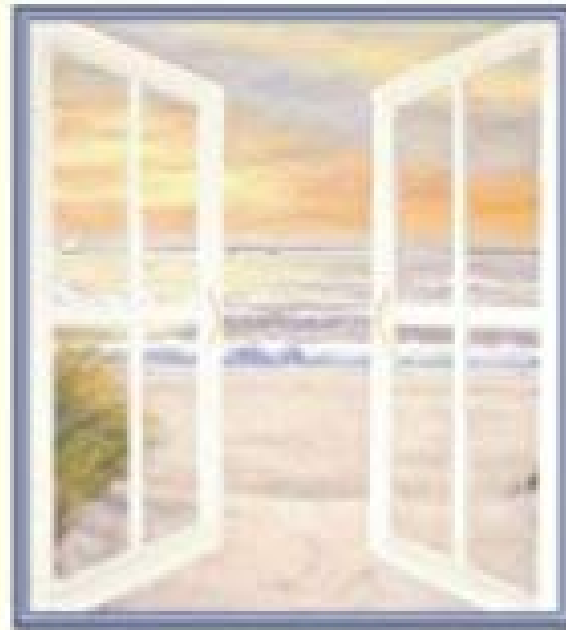


# *Emotional Sobriety*



**From Relationship Trauma to  
Resilience and Balance**

**Tian Dayton, Ph.D.**

*"Emotional Sobriety describes and outlines a holistic approach to healing the mind, body, and spirit, which is the essence of healthy recovery. I believe the reader will find it an essential guide to healing the hole in the soul, the hurt in all of us."*

*William Cope Moyers, author of Broken*  
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Tian Dayton

## Emotional Sobriety: From Relationship Trauma to Resilience and Balance



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Do you utilize substances or engage in compulsive activities to modify your feeling? Do you grab something sweet, a couple of drinks, or a pack of cigarettes after a difficult day because you can't unwind without them? Repeated unpleasant encounters, in childhood or adulthood, over which we've no ability or sense of control or get away can oversensitize us to tension and deregulate our limbic program. If these self-defeating habits sound familiar, Emotional Sobriety will shed light on so why and how these coping mechanisms threaten your wellbeing and impact resilience. Whenever we manage the stresses of the day by turning to outside 'mood managers' such as food, sex, work, shopping, gambling, drugs, and alcoholic beverages rather than healthier forms of 'self-soothing,' it is because we lack emotional sobriety--the state of processing our thoughts effectively to bring our feelings into stability, says bestselling author and famous addictions psychologist Tian Dayton, Ph.D. Dayton shares compelling, honest tales of her existence experiences and case research of those she has counseled. In her latest book, Emotional Sobriety, Dr. Illustrating that emotional sobriety is a brain/body phenomenon, Dr. The limbic system processes our feelings and governs our disposition, appetite, and sleep cycles. Dayton includes tips on how to attain psychological literacy--the skill of translating feelings into words in order that we can use our thought processes to comprehend and bring our feelings into balance--and how to relaxed the limbic system so that we can actually knowledge what we're feeling. Perform you race to the shops to spend away the day's frustrations or run around in circles acquiring additional time to get much less done? Dayton shows you through concrete good examples how to bring your emotions and thoughts into balance and learn healthy means of 'self-soothing' to relieve symptoms of depression, anxiousness, rage, and the desire to self-medicate. Dr.



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Great book, but poor reading I'd give this book a 5 star review because of the depth of study the author has done about emotions, drug abuse, and what she calls "romantic relationship trauma. Agape is by description an unconditional decision to like somebody despite feelings, and therefore may be the MOST stable form of love, something we are in need of more of inside our relationships." Nevertheless, Dr. ONE BOOK TO RULE THEM ALL.. I actually am a Ph.D. candidate of Relationship & Family members Therapy and work as a Marriage and Family members Therapist Intern. I have run psychotherapy groupings for several years already with addicts and their families, and I've been trained in multiple therapy modalities (EFT, SFBT, Gestalt, CBT, MI). This is a publication that I want I wrote. Dayton defines codependency using an integration of attachment theory and Bowen family members systems theory which I trust and couldn't have stated better: "Codependency, Personally i think, is fear-based and can be a predictable group of characteristics and behaviors that grow out of feeling anxious and therefore hypervigilant inside our intimate romantic relationships. Dayton prefers to talk about "relationship trauma. She helps us move closer toward a "Grand Unified Theory" of therapy and integrates attachment theory, attachment accidental injuries, updates in the codependency literature, research on feelings, PTSD, ADHD, grief, unhappiness, anxiety, and even more, and she makes it applicable to the lay person as well as to the therapist. This is an incredibly informative and transformative book. For example, many people still treat drug abuse using old versions, using cognitive-only techniques, outdated notions of codependency, and overlooking the function of the brain, feelings, biology, trauma and the family system. Really great book. D. attachment designs I came across by Whiteleather & Ordered to learn along with someone else. Hence, Dr. I still have not found any books as comprehensive and balanced, as this book offers the latest study and integrates a spectral range of our field's freshest romantic relationship theories into one book." Certainly the reader didn't research what in the dictionary therefore she pronounces the words completely wrong. Dayton provides her personal description of codependency, but links it to the most recent analysis on adult attachment. It takes time to absorb all of the material though so taking your time is helpful. Dayton stops us before we "throw the baby out with the bathwater. Doumas (2004). [Excellent integration of up-to-date study...Dr. Despite the fact that I posted this review nine months ago, I continue to recommend this book to both my colleagues and friends. I'm a therapist, but I believe the reserve is created in a way that is easy for just about any teen or adult to understand from. Her publication is monumental in placing all this into one publication. The book simply happened to not fit my life, as I under no circumstances suffered as a child. Strongly suggested. Though codependency seems to be about caretaking or being overly attuned to your partner, it really is about trying to fight our own anxiety." (p. Dr. 150-151) I really believe that both codependency AND counterdependency are maladaptive behaviors used to manage anxiety about relationships--both are terms that I'm viewing appear more often recently. I don't believe Dr. She EVEN shows how humor and psychodrama are healing, both which I really believe are powerful therapeutic agents. She describes the theories of humor and how laughter is certainly healing, when I thought I was the only therapist who was interested in that. Yeesh! Four Stars There is no like or dislike. If I was to write the next reincarnation of her book, I would want to add more Christian spirituality, but that's only because my undergraduate level is in theology. My ONLY minor criticism was when she linked the Greek idea of "agape" love with romantic love (page 122) and said that it was as well "unstable" for the foundation of a family. Dayton believes that these anxious or avoidant behaviors are the result of attachment accidental injuries, or relationship traumas as she phone calls it. Dayton truly understands what agape love means." However, I have to warn you, I'm listening to the audible book and also have the kindle version and the reader mispronounces a lot of words( she pronounces amygdala as "amy-glada" and pronounces dissociation as "diss-association. In the Bible, "agape" can be used to describe God's unconditional, unmoving love for us despite the points we do wrong. Invaluable. Dayton tries to do too very much in her publication! Whole books have been written on the topics for every chapter, in order that she can't dive in as well deep on some of them.. But, at least I could highly recommend this reserve as an excellent integration of a wide spectral range of theories for the professional who works with relationship traumas and assisting people become more emotionally aware, and also a sophisticated overview for the general audience. Excellent book. This book might help clients understand how therapists might help, while giving therapists an updated look at how research on attachment theory could be integrated with the fields of drug abuse. Unfortunately, the author gets off to a poor start in the 1st few chapters as she

instantly delves in to the neurophysiology of relational trauma, important however, not the first topic I'd make use of to start out. I was greatly rewarded for my persistence though as her message is usually refreshing, succinct, and tremendously enlightening to anyone who has resided through dysfunctional family members systems, alcoholic or elsewhere. Her chapter on resilience was worthy of the cost of the book alone.. Good book Makes hard ideas easy to understand. It is also reflective of an incomplete procedure for individuation. Practical and practical. The book just happened never to fit ... Very helpful for emotional pain Very helpful -- particularly if you are trapped in emotional discomfort. The author made some good points.. Therefore, I could not really relate to a lot of the author's comments and recommendations. Five Stars The answers to so many questions about details of the problems ACOA's are mesmerised by. Insufficient stars.The just other concern, which is not a bad thing, is that probably Dr. That is probably worth a read if one suffered trauma and abuse as a child. The author made some good points. Good for everyone but essential read for all those in twelve step programs. She validates the newer techniques of using even more experiential, emotionally-concentrated and systemic techniques with addicts and family members and gives us clear vocabulary to describe why it works. I've read it several times ..] Using the four quadrant style of attachment designs, they correlated the idea of "codependency" with the anxious/preoccupied attachment style. Transformative. I have read it several times and marked it all up. You may also be thinking about some recent study on codependency & This has been really good for my continuing recovery This book has shown me some different way to soul search. Very well written. She got (almost) everything that I feel is important, including spirituality." The pop psychology concept of "codependency" was well-known in the addiction recovery field, but it was criticized mainly because there is little if any scientific evidence to support simple tenets of codependency theory, it became so watered down that it was useless, it seemed that each behavior was codependent, and was generally utilized as a derogatory label that tended to use more often to women. absolutely incredible Excellent information about what drives all compulsive/addictive behavior and how anyone can learn to manage their feelings in healthy ways. Great book. Simple to use. I Like her other book, drama games, as well. Amazing book My mom has experienced a lot within the last couple of years, I heard great things about this book so decided to get it for her. She has now read it twice and swears by it. Really helped her a whole lot.



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